

Health & Activity Timetable

Come and join us, meet new friends, have fun and enjoy our activities and services, in our safe and comfortable **Activity Hub** at Meadowcroft Bromborough and venues across the Wirral! Open to all ages and abilities.



Arts & Crafts



Games & Social



Computer & Technology



Exercises



Therapies



Outdoor



Your local, independent charity



You'll feel smiles better!



ALL ENQUIRIES: 0151 482 3456

Timetable
inside!

Welcome

Age UK Wirral's **Health & Activity** department offers an exciting and wide range of physically, mentally and socially stimulating activities in a safe and friendly environment.

We provide services and activities in venues across the Wirral, promoting good health and wellbeing.

Come and join us, meet new friends, have fun and enjoy our activities and services, in our safe and comfortable **Activity Hub** at Meadowcroft Bromborough and venues across the Wirral! Open to all ages and abilities.

Come and join us, have fun and feel...



smiles better!



How to select your Activity and Venue in 3 easy steps:

Step 1

Select the activity or activities you are interested in by using the Timetable on pages 4,5,6,7,8 and 9. Note the colour code of the activity.

Step 2

Refer back to page 3 and match the colour code to the venue. Note the accompanying letter or number and match this with the location map on the back page.

Step 3



IMPORTANT:

Before attending any activity, please contact the **Health & Activity** team about availability by ringing

0151 482 3456

Health & Activity Venue Colour Code

Meadowcroft
304 Spital Road, Bromborough, CH62 2DE



Osborne Court
Central Road, Port Sunlight, CH62 5AW

4

Allotment
Bebington Road, Rock Ferry, CH42 4QE

1

New Ferry Village Hall
Grove Road, Birkenhead, CH62 5AZ

5

Barncroft
Larchwood Close, Pensby, CH61 6YH

2

The Hub
Mariner's Park, Wallasey. CH44 0AE

6

Holy Trinity Church
Chorley Way, Spital, CH63 9LS

3

West Kirby Methodist Church
29a Westbourne Road, West Kirby, CH48 4DQ

7

MC CAMEO Cafe














Every Wednesday 12.00pm - 2.00pm






















Why not visit us, here at the Meadowcroft, bring friends and have a 'catch up' over a light lunch of 'homemade' soup and sandwiches. Lunch will be followed by a game of Bingo, will you be next week's 'Winner'?

Please contact the Health & Activity Team for availability.



ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arts & Crafts 	 Art & Drawing 10.00 - 12.30 £3.50	 Flower Arranging 10.30 - 12.30 £2.50	 Crochet Corner 10.00 - 12.00 £3.00 Jacqui	 Art & Drawing 10.00 - 12.00 £3.50 Pam	 Jewellery Workshop 10.00 - 12.00 £4.00 Pam 3rd Friday of Month
	 Crafty Sew n Sew 10.00 - 12.30 £3.50 Diane	 Art & Drawing 1.30 - 3.30 £3.50 Steve	 Art & Drawing 1.30 - 3.30 £3.50 Steve	 Papercraft Class 1.30 - 4.00 £3.50 Laura	
	 Zentangle 12.30 - 2.00 £4.00 Annie				
	 Art & Drawing 1.30 - 3.30 £3.50				
Games and Social 	 Bridge Class 10.00 - 12.00 £4.00 Tom	 Singing 4 Health 10.00 - 12.00 £4.00 Lilli	 MC CAMEO Cafe 12.00 - 2.00 £4.00	 Beginners Ukulele 1.00 - 2.00 £3.00 John	 Dance Through the Decades 1.00 - 3.00 £3.00 Christine
		 Cooking 4 One 12.00 - 2.00 5 week course Joe Booking Essential	 Reading Group 2.00 - 3.30 £2.50 Caroline	 Ukulele Group 2.00 - 3.30 £4.50 John	
				 'Focus' Photography 7.00-9.00pm £3.00 Ian	

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer & Technology 	<p><i>One 2 One Sessions</i></p>  <p>10.00 - 2.30 £4.50</p>	<p><i>One 2 One Sessions</i></p>  <p>10.00 - 2.30 £4.50</p>	<p><i>DIY Computer Club</i></p>  <p>10.00 - 12.00 £6.00 Sue</p>		<p><i>One 2 One Sessions</i></p>  <p>10.00 - 12.00 £4.50</p>
	<p><i>DIY Computer Club</i></p>  <p>10.00 - 12.00 £6.00 Residents only</p>		<p><i>One 2 One Sessions</i></p>  <p>11.00 - 12.00 £4.50</p>		<p><i>Computer Course</i></p>  <p>1.00 - 3.00 ----- <i>Find my Past</i> 2nd & 4th Fri of Month 10.00 - 12.00 £6.00</p>
				<p><i>Computer Course</i></p>  <p>1.00 - 3.00</p>	
Therapies 	<p><i>Massage Therapies</i></p>  <p>10.00 - 3.00 £20.00 Angela</p>	<p><i>Chiropody</i></p>  <p>9.10 - 12.10 £20.00 Dave</p>	<p><i>Reflexology</i></p>  <p>1.00 - 4.00 £15.00 Joy</p>		

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Exercise 	 Walking Football 10.30 - 11.30 Free Matt	 Chair Based Exercise 12.00 - 1.00 £4.00 Georgina Residents only	 MC Tappers 10.00 - 11.00 £4.00 Linda	 Chair Based Exercise 10.30 - 11.30 £4.00 Chitra	 Pilates 10.00 - 11.00 £4.00 Peter
	 Line Dancing 2.30 - 4.00 £4.00 Andy	 Yoga 1.30 - 2.30 £4.00 Ellie	 Zumba Gold Class 11.30 - 12.30 £4.00 Holly	 Top 2 Toe Exercise 12.00 - 1.00 £4.00 Natalie	 Pilates 11.15 - 12.15 £4.00 Peter
	 Chair Based Exercise 2.00 - 3.00 £3.50 Georgina		 Tai Chi 2.45 - 3.45 £4.00 Jacqui		 Chair Based Exercise 11.00 - 11.45 £3.50 Dorothy
Outdoor 	 Wirralside Walkers (Easy) 1st MONDAY of each month £2.00 Alan 'M'		 WOW Travel Group Annual Membership £6.00		
	 White Top Walkers (Energetic) 3rd MONDAY of each month £2.00 Allan 'C'		 Short Health Walks (Donations welcome) Last WEDNESDAY of each month FREE Alan 'M'		
	 Allotment Programme Annual Membership £13.00		 The Hub, Mariners Park A range of activities for ex-Merchant Seafarers		

Friendly options to consider...

Age UK Wirral's **Health & Activity** Department offers an exciting and wide range of physically, mentally and socially stimulating activities, in a safe and friendly environment.

Computers & Technology



● Computer Courses

Our 10 weekly, 2 hour sessions will take you on a journey of education, enlightenment, plus the fun and joys of computing. Courses available to suit all levels of ability with equipment supplied, if required.

● One 2 One Sessions

Why not try our One 2 One sessions, where you can learn, at your own pace, how to use all wonders of technology including...enlightenment, plus the fun and joys of computing. Courses available to suit all levels of ability with equipment supplied, if required.

Laptops * Desktops * Tablets * iPads * Mobile Phones

***** **BOOKING ESSENTIAL** *****

So you had better be quick or they'll be gone in a click!

● Digital Inclusion Drop Ins

Do you know an older person who would like to get online?
Ring the Health & Activity Team on 0151 482 3456 and find out about our weekly drop ins with Volunteer IT support.

Therapies

● Massage Therapies

A massage can help reduce stress and muscle tension, improve flexibility and circulation and promote overall wellness.

Book an appointment with Angela, feel revitalised from top to toe!

Mondays from 10.00am

● Chiropody

Help you keep your feet fit, healthy, comfortable and in good 'WALKING' order. Book an appointment with Dave, our fully qualified Chiropodist.

Tuesdays - Meadowcroft, Spital Road - Bromborough

● Reflexology

Based on the idea that specific points on the feet, hands, and ears correspond to different areas of the body, the ancient healing modality of reflexology can be a powerful complementary therapy to support your overall health and well-being. Reflexology has incredible benefits which can increase energy, boost circulation, aid in relaxation, eliminate toxins from the body, help with stress and anxiety, pain relief and much more.

Reflexology does not claim to be a cure all, but numerous conditions have been treated with this method.

Book an appointment with Joy, our fully qualified Reflexologist.

Wednesdays from 1.00pm

Are you looking to be work ready?

Free Digital & Employability Skills Training Courses - Please contact our Course Administrator on 07517132233



Come and join us, have fun and feel...



smiles better!



Your Health & Activity Location Guide



- Meadowcroft 
- Allotment 
- Barncroft 
- Holy Trinity Church 
- Osborne Court 
- New Ferry Village Hall 
- Mariners Park 
- West Kirby Methodist Church 

Meadowcroft local map



The **Health & Activity** services are based at **Meadowcroft** in Bromborough and many other outreach venues across the Wirral. The colour coded, venue location symbols on the main map above, match our timetable on the inside of this leaflet.